

## SONA

### Courtyard risotto \*

*Ingredients for 4 people*

400 gr rice

1 litre of vegetable broth

white meat from the courtyard: 500 gr chicken / guinea fowl / rabbit

200 gr. Cooked green field herbs

100 gr. Aged Monte Veronese cheese

½ glass extra virgin olive oil

celeriac, carrot, onion

200 ml white wine of Custoza DOC

200 gr butter

rosemary and garlic

salt and pepper (to taste)



### Method

Cook the green field herbs beforehand with salt, pepper and garlic and blend with a dash of vegetable stock and extra virgin olive oil until creamy. Cut the Verona celery, onion and shallot into small pieces and also cook it with the vegetable broth, salt, pepper and blend with a dash of extra virgin olive oil until creamy. Cook the white meats (chicken, guinea-fowl, rabbit, duck) with herbs (sage, rosemary) and chopped vegetables (carrot, onion or shallot), vegetable broth and blend with white wine (Custoza). Prepare a vegetable broth with onion, celery, carrot and salt. Toast the rice with a drizzle of extra virgin olive oil for 3-4 minutes and deglaze with a dash of white wine (Custoza). Add broth and cook for another 10 minutes. Halfway through the cooking, about 5 minutes, add the previously prepared Verona celery purée. Add the meat and stir for about 3 minutes. Finish cooking by stirring in the butter and Monte Veronese to make it creamy. Serve garnished with a spiral using the cream of field herbs prepared beforehand and if you like a sprig of rosemary, a wafer or a sprinkling of grated Monte Veronese cheese.

\* Recipe of the Pro Loco of Garda with the member and amateur cook Alessandro Molon submitted to the "Risotto d'oro delle Pro Loco Veronesi" ("Golden Risotto of the Pro Loco of Verona") competition 2016 at the Rice Fair of Isola della Scala. 1st place in the People's Choice category

## SONA

### **Risotto with red radicchio, pumpkin creme and Monte Veronese cheese \***

*Ingredients for 4 people*

320 gr. of rice  
vegetable broth  
2 heads of red radicchio  
1/4 onion  
1/2 glass of white wine  
70 gr. of Monte Veronese cheese  
butter

extra virgin olive oil  
salt and pepper (to taste)  
*ingredients for the creme*

250 gr. of pumpkin  
1 small leek  
1 stock cube  
salt and pepper (to taste)  
1/2 glass of cream at the end of cooking



### **Method**

In a saucepan, sauté the onion, add the radicchio cut into strips and cook. Toast the rice in another pan and deglaze with wine, alternate broth and radicchio until it is cooked, stir in the butter and the Monte Veronese cheese. In another pot, boil the pumpkin with the other ingredients and blend it. Serve it in the shape of a nest with pumpkin creme in the middle.



\*Recipe of the Pro Loco of Sona with the member and amateur cook Mara De Monte submitted to the "Risotto d'oro delle Pro Loco Veronesi" ("Golden Risotto of the Pro Loco of Verona") competition 2012 at the Rice Fair of Isola della Scala.